

SHUTTLE MENU STS-132

(Stow by Person)

PIERS SELLERS, MS-4 (BROWN)

Meal	Days 1* & 9	Days 2 & 10	Days 3 & 11	Days 4 (EVA) & 12	Days 5 & 13**	Day 6 (EVA)	Day 7	Day 8
A	Dried Apricots (IM) Oatmeal w/Brown Sugar (R) Luna Bar, Chocolate Peppermint Stick (FF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Oatmeal w/Brown Sugar (R) Clif Builder, Chocolate Mint (NF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x2	Beef Enchiladas (I) Tortilla (FF) Clif Mojo, Honey Roasted Peanut (NF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x2	Dried Apricots (IM) Oatmeal w/Brown Sugar (R) Mashed Potatoes (R) Clif Builder, Chocolate (NF) ProBar, Whole Berry Blast (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Clif Bar, Chocolate Chip Peanut Crunch (NF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Luna Bar, Chocolate Peppermint Stick (FF) x2 Orange Juice (B) Kona Coffee w/ C & S (B) x2	Dried Peaches (IM) Breakfast Sausage Links (I) Clif Builder, Chocolate (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Beef Enchiladas (I) Tortilla (FF) Clif Bar, Banana Nut Bread (NF) Clif Builder, Chocolate Mint (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2
B	Shrimp Cocktail (R) Beef Tips w/Mushrooms (I) Candied Yams (I) Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Clif Bar, Chocolate Chip Peanut Crunch (NF)	Beef Stroganoff (R) x2 Tomatoes & Eggplant (I) Asparagus (R) x2 Candy Coated Chocolates (NF) Cashews, Salted (NF) x3 ProBar, Whole Berry Blast (NF)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Italian Vegetables (R) Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Luna Bar, Chocolate Peppermint Stick (FF)	Shrimp Cocktail (R) Chicken Teriyaki (I) Mashed Potatoes (R) Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) ProBar, Whole Berry Blast (NF)	Beef Stroganoff (R) x2 Tomatoes & Eggplant (I) Asparagus (R) x2 Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Tropical Punch (B) x2 Clif Builder, Chocolate Mint (NF)	Beef Stroganoff (R) x2 Tomatoes & Eggplant (I) Asparagus (R) x2 Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Tropical Punch (B) x2 Clif Mojo, Honey Roasted Peanut (NF)	Beef Stroganoff w/Noodles (R) x2 Tomatoes & Eggplant (I) Asparagus (R) x2 Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Tropical Punch (B) x2 ProBar, Whole Berry Blast (NF)	Shrimp Cocktail (R) BBQ Beef Brisket (I) Italian Vegetables (R) Cashews, Salted (NF) x3 Candy Coated Chocolates (NF) Luna Bar, Chocolate Peppermint Stick (FF) Grapefruit Drink (B) x2
C	Hot & Sour Soup (I) Cheddar Cheese Spread (I) x2 Crackers (NF) x2 Chicken Teriyaki (I) Rice Pilaf (R) x2 Curry Sauce w/Vegetables (I) Cashews, Salted (NF) Banana Pudding (I) Grapefruit Drink (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) x2 Crackers (NF) x2 Lasagna w/ Meat (I) Mashed Potatoes (R) x2 Creamed Spinach (R) Cashews, Salted (NF) Cherry Blueberry Cobbler (I) Lemonade (B)	Hot & Sour Soup (I) Cheddar Cheese Spread (I) x2 Crackers (NF) x2 Meatloaf (I) Potatoes au Gratin (R) Tortilla (FF) Cashews, Salted (NF) Tropical Punch (B)	Hot & Sour Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) x2 Beef Steak (I) Candied Yams (I) x2 Mixed Vegetables (I) Cashews, Salted (NF) Banana Pudding (I) Grapefruit Drink (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) x2 Grilled Pork Chop (I) Rice Pilaf (R) Creamed Spinach (R) Macadamia Nuts, Salted (NF) Vanilla Pudding (I) Lemonade (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) x2 Beef Steak (I) Mashed Potatoes (R) x2 Creamed Spinach (R) Macadamia Nuts, Salted (NF) Cherry Blueberry Cobbler (I) Lemonade (B)	Split Pea Soup (I) Cheddar Cheese Spread (I) X2 Crackers (NF) Lasagna w/ Meat (I) Candied Yams (I) x2 Creamed Spinach (R) Macadamia Nuts, Salted (NF) Vanilla Pudding (I) Lemonade (B)	Chicken Fajitas (I) Beef Enchiladas (I) Mixed Vegetables (I) Creamed Spinach (R) Tortilla (FF) x2 Cherry Blueberry Cobbler (I) Lemonade (B) x2

*Day 1 consists of Meal C only

**Day 13 consists of Meals A & B only

(B) - Beverage, (FF) - Fresh Food, (I) - Irradiated, (IM) - Intermediate Moisture, (NF) - Natural Form, (R) - Rehydratable, (I) - Thermostabilized

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